



South Central District Health

1020 Washington St N * Twin Falls ID 83301

Keeping your family & community healthy

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PRESS RELEASE – For Immediate Release

Contact: Tami Pearson, Health Education Specialist, 737-5945

District Health Offers Free Tobacco Cessation Classes

South Central District Health will offer the American Cancer Society's "Fresh Start" program designed to help adults quit using tobacco. This free six-week class will begin on Wednesday, Sept. 21, at 7:30 p.m. and continue every Wednesday until October 26 at the Forest Service building located at 102 1st East in Fairfield. Participants may register by calling Tami Pearson, South Central District Health Tobacco Program Coordinator, at 737-5945 or Teri Backstrom at 764-2613.

The "Fresh Start" program is specifically designed for those who are tired of their addiction. It builds skills and knowledge to help reduce and eventually end tobacco use. Participants will learn skills to communicate better, handle stress, make decisions, set goals, eat healthy, and exercise.

Smoking is the single most preventable cause of death in the United States. More than 430,000 people die every year in United States from using tobacco products. Space is limited in the free class so participants are urged to register early.

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